



PEDIATRIC SPEECH THERAPY NEWSLETTER



OPPOSITIONAL DEFIANT DISORDER

What is Oppositional Defiant Disorder?

The Child Mind Institute (2019) defines oppositional defiant disorder (ODD) as a pattern of behavior problems that negatively affect the relationships a child has with friends, family, authority figures, and his or her environment as a whole. Many times, children exhibit temper tantrums as a result of not receiving access to something they want. While such behavior is a normal part of development, it becomes a cause for concern when behavior problems heighten in severity and duration. ODD is typically characterized by prolonged fits of aggression, frequently losing one's temper, and consistently refusing to follow the rules.



A behavior therapist is one professional who may provide families with tools and strategies to help a child navigate and manage his or her emotions in various situations. Other professionals, such as a speech-language pathologist or occupational therapist, may help children with ODD develop functional communication to reduce frustration or provide insight into how to arrange an environment to ensure the appropriate amount of sensory stimulation is present.

Tips for Parents

Here are three strategies parents can use to help prevent meltdowns:

1. Create a quiet space unique to your child's environment where he or she can turn to in times of an approaching meltdown.
2. Establish routines. Routines, accompanied by visual images, allow children to understand the expectations for their behavior and help improve their regulation.
3. Offer clear behavior expectations with the opportunity for positive reinforcement. Direct statements such as, "Our bodies stay calm during homework time" followed by "I love how you are sitting with a calm body!" are recommended.



INTELLECTUAL AND DEVELOPMENTAL DISABILITIES MONTH

March is National Intellectual and Developmental Disabilities Awareness Month. This month is dedicated to celebrating individuals with intellectual or developmental disabilities and their contributions to communities and society.

What is an Intellectual Disability?

According to the American Association of Intellectual and Developmental Disabilities (2019), an intellectual disability is a disorder that impacts a person's intellectual functioning and adaptive behavior. Intellectual functioning refers to how we think, learn, and problem solve.

Adaptive behavior include the way we navigate conceptual, social, and daily tasks. Challenges with intellectual functioning and adaptive behavior may present as difficulty meeting developmental milestones. A multidisciplinary team of professionals, such as speech-language pathologists, occupational therapists, and physical therapists, can help individuals with intellectual disabilities build age-appropriate skills through individualized therapeutic services.

...Continued On Page 2



INSIDE THIS ISSUE

p.2 Ask A Therapist
p.2 Cover Story
p.3 Spotlight

p.3 Additional Copies
p.3 Schedule a Screening
p.4 About Us

ASK A THERAPIST



WHAT IS EARLY INTERVENTION?

As previously mentioned, parents, caregivers, and health professionals look for a child to meet a variety of developmental milestones. However, children may experience difficulty in reaching these stages at the expected time. When a child has difficulty speaking their first words or taking their first steps, this could affect the way they take in information about the world around them.

Early Intervention (EI) refers to the support and services offered to children ages birth to 3 to help them achieve developmental milestones. EI services include, but are not limited to, speech therapy, feeding therapy, developmental therapy, occupational therapy, and physical therapy.

EI helps children habilitate or improve areas such as communication development, sensory processing, and fine & gross motor skills. EI services are a critical component in supporting children with diagnoses such as Autism Spectrum Disorder, Down Syndrome, cerebral palsy, and more. While EI does not function as a cure, studies show this is a critical developmental period when children can make significant gains in essential skill areas (ASHA, n.d.).

Parent and family involvement is a critical component to successful EI services. From the first evaluation to the final therapy session, parents will be highly involved. Parent and family involvement helps ensure that progress is made both in and out of therapy. Therapists specializing in EI are prepared with the tools and resources to offer parents strategies to use within the home as a way to carry over therapeutic techniques in a child's most natural environment (ASHA, n.d.).

APP OF THE MONTH:

Daniel Tiger's Grr-ific Feelings

Ages 2–5

Target Skills

Speech & language

About The App

This app helps children identify and understand emotions through a mix of music, art, and interactive photo booth!



Intellectual and Developmental Disabilities Month Continued...

What is a Developmental Disability?

From the time a child is born, parents and caregivers look for signs of development such as their child's first smile, first steps, and first words. Health professionals refer to these skills as developmental milestones. While all children develop at their own pace, some children experience difficulty acquiring age-appropriate skills that may affect their participation in daily activities and overall independence.

"Developmental disability" refers to a group of conditions that occur as a result of physical, behavior, learning, or language impairments (Centers for Disease Control and Prevention, 2018). Intellectual disabilities are a subset of developmental disabilities. Recently, efforts have been made to use person-first language (e.g., a child with a developmental disability versus a developmentally disabled child) to encourage celebrating the uniqueness of all individuals as opposed to defining them based on their differences.



Therapy Options

The onset of both developmental and intellectual disabilities occur during childhood. Parents of children with developmental or intellectual disabilities may benefit from contacting their child's pediatrician to determine recommended services. A pediatrician may recommend individual speech, occupational, physical, or behavioral therapy services. All health professionals will begin therapy by providing a comprehensive assessment of various areas such as receptive and expressive language, fine motor and gross motor skills, sensory processing, and more.

Once an evaluation is complete, health professions will design a treatment plan in line with a child's strengths, interests, and areas of concern. When a child receives therapy services from multiple providers (e.g., speech therapy and occupational therapy), it is often beneficial for the clinicians to collaborate with one another to ensure a child receives the most comprehensive care. For example, an occupational therapist who works with a speech-language pathologist will gain knowledge about how a child best communicates, and the speech-language pathologist will gain valuable insight about the child's sensory needs.

References

- American Association of Intellectual and Developmental Disabilities. (2018.) Intellectual disability. Retrieved from <http://aaidd.org/intellectual-disability/definition>
- American Speech-Language-Hearing Association (ASHA). (n.d.). Early Intervention. Retrieved from <http://www.asha.org/practice-portal/professional-issues/early-intervention>
- Child Mind Institute. (2019). What is Oppositional Defiant Disorder? Retrieved from <https://childmind.org/article/what-is-odd-oppositional-defiant-disorder/>
- U.S. Department of Health & Human Services. (2018). Facts about developmental disabilities. Retrieved from <https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html>

SPEECH THERAPY SPOTLIGHT

Debbie S. Lombardi, AuD, CCC-A/SLP

Debbie Lombardi is the owner and provider at Premiere Speech and Hearing with offices in Collegeville and Lancaster. Debbie has a license and certification to practice audiology and speech language pathology. She has worked in a variety of settings but loves private practice and the attention and care she can provide to the patients. Debbie provides services to both children and adults. She has expertise in the area of childhood speech and language development including articulation, language, auditory processing and aural rehabilitation. Audiologic areas of expertise include diagnostic evaluations, hearing aid fitting and service and assistive listening technology. Debbie is a member of the American Speech-Language-Hearing Association. In 2019 she will serve as the VP of Publications for the Pennsylvania Academy of Audiology.



Kristin Park, MS, CCC-SLP

Kristin Park is a certified and licensed clinical Speech-Language Pathologist. Kristin has had clinical experience in a variety of settings, but has extensive experience with childhood expressive and receptive language, fluency, and articulation disorders. In addition, she has expertise in the areas of cognitive rehabilitation, verbal apraxia, oral motor planning, and voice assessment and treatment. Kristin works with infants, school-age children and adults. Recently, Kristin completed a certification in the LSVT Loud program that is designed to treat patients with Parkinson's disease and other neurologic conditions. She is a member of the following organizations: American Speech-Language-Hearing Association and Pennsylvania Speech-Language-Hearing Association.



Testimonials

"My experience for years has been nothing but excellent. Very knowledgeable and efficient." – Joe

"I have had a great experience with the people at this office. They are a great bunch of people. Love it here." – Cathy

"My son has been a client here for 2 year and we have seen an incredible improvement in his speech. Sue Levy makes therapy fun and exciting, and my son loves coming here!" – Jen

Would You Like Additional Copies of this Newsletter to give as a **FREE** Resource?



If so, email Debbie at:

dlombardi@PremiereSpeechHearing.com
Please include the address of your office & how many additional copies you would like.



Concerned About Your Speech or Hearing?

**Call us today
for a free consultation
(610) 454-1177**

About Premiere Speech & Hearing: *Hear. Communicate. Live.*

Premiere Speech and Hearing provides superior services in a personalized, convenient, and caring environment. Our educated and experienced Doctors of Audiology and Speech-Language Pathologists are dedicated to the evaluation and treatment of hearing loss, tinnitus, speech, language, voice, fluency and cognitive disorders. Our efforts are designed to provide patients and their loved ones with advocacy, education, prevention, and rehabilitation services.

As we say, the goal is to *"Hear. Communicate. Live."*

Contact Premiere Speech & Hearing at www.PremiereSpeechHearing.com or call (610) 454-1177

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Offering Adult & Pediatric Services Including:

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- Communication Needs Assessment
- Aural Rehabilitation Classes

Speech Services

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- Cognitive Disorders
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- Stuttering Therapy
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- LSVT Loud Provider



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